



# Be in the Moment

Be Present. Be Well.

## WELL WISCONSIN EMPLOYER NEWSLETTER | OCTOBER 2021, ISSUE NO. 10

### PARTICIPANT COMMUNICATIONS

*Here is a list of the Well Wisconsin program communications that are scheduled to send this month.*

**10/5:** Last chance email

**10/19:** Well-being awareness email on managing stress.

*\*content and dates subject to change*



### EMPLOYER SPONSORED ACTIVITY

*The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!*



#### **October: Women's Health Checklist**

*Staying healthy is important and one way to do that is getting your preventive care. Screening tests help find diseases early, before you have symptoms. This is when diseases are easier to treat. This month we've created a checklist to help employees and their families stay up to date with their care. Those who choose to participate will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email [kmulcahey@webmd.net](mailto:kmulcahey@webmd.net)*



## WELL WISCONSIN RADIO

Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.

**October 26th: Noon to 12:30**

**Topic: Women's Health**

**Expert: Dr. Makeba Williams, UW Health**

**Registration link and details: [HERE](#)**

*\*content and dates subject to change*

## OTHER NEWS

The **October 8th deadline** for employees to earn their Well Wisconsin incentive is this month! Here are a few ways you can help employees make sure they are getting the most out of the Well Wisconsin program and earning their \$150 reward!

- Have them log into their [Well Wisconsin portal](#) account and check the "Rewards" tab. This will show what they've completed so far and what they still need to do in order to complete the program.
- Direct them to the new ETF [Well Wisconsin Members Page](#)! This page has updates and answers to frequently asked questions.
- Still have more questions? Call WebMD customer service at 800-821-6591.

## JUST FOR FUN

Thanks for reading! We hope you find this newsletter helpful. Like the title says, this section is just for fun! Each month you'll find a joke or something to hopefully put a smile on your face.

Have something you would like to share?  
Email [mmeinen@webmd.net](mailto:mmeinen@webmd.net)



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